2011 California Children's Healthy Eating and Exercise Practices Survey

Table 40: Breakdown of the Types of Protein Foods Reported by California Children (N=334)

Types of Protein Foods	Mean Servings (oz-eq)
Total Protein Foods	**3.63**
Meat (Beef, Veal, Lamb, Fresh Pork, Game)	0.89
Poultry	1.12
Seafood (Fish/Shellfish)	0.21
Processed Meat (Cured Pork, Cold Cuts and Sausage)	0.58
Eggs/Egg Substitute	0.22
Nuts and Seeds/Nut and Seed Butters	0.14
Meat Alternatives (Processed Soy Products)	0.00
Legumes (Dry Beans)	0.47

Servings are generally based on the *Dietary Guidelines for Americans 2005* , and are defined in terms of 1 ounce equivalents. One ounce is used for cooked meat, fish or poultry. Other 1 ounce-equivalents include 1 egg, 1 tablespoon peanut butter, ½ ounce nuts or seeds. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply. Meat servings include meat consumed separately (plain) and in recipes containing meat, e.g., soup, lasagna, casseroles, commercial entrees, etc. Servings of legumes are measured as ½ cup-equivalents.

2011 California Children's Healthy Eating and Exercise Practices Survey

Table 41: Total Servings of Protein Foods Reported by California Children (N=334)

	Mean Servings (oz-eq)				
	Total Protein Foods	**High-Fat/ Fried[1]**	**Regular[2]**	**Lean[3]**	**Alternatives[4]**
Total	**3.6**	**0.6**	**0.8**	**1.5**	**0.8**
Gender					
Boy	3.7	0.6	0.9	1.4	0.9
Girl	3.6	0.6	0.7	1.5	0.8
Ethnicity					
Hispanic	3.6	0.6	0.6 *	1.6	0.9
Non-Hispanic	3.7	0.7	1.2	1.1	0.7
Parent Education					
Less than High School	3.4	0.4 * a	0.4 ** a	1.6	1.0
High School Graduate	3.9	0.8 a	0.9 ab	1.4	0.7
Some College/Graduate	3.7	0.7 a	1.0 b	1.3	0.7
Overweight Status					
Not Overweight	3.7	0.5	0.8	1.5	0.9
Overweight/Obese	3.6	0.7	0.8	1.3	0.8
Physical Activity					
≥ 60 minutes	3.8	0.6	0.7	1.5	0.9
< 60 minutes	3.4	0.6	0.8	1.4	0.7
School Breakfast					
Yes	3.8	0.9	1.1	1.3	0.4 **
No	3.6	0.5	0.7	1.5	0.9
School Lunch					
Yes	3.7	0.8	1.0	1.3	0.6 *
No	3.6	0.5	0.7	1.5	0.9
Fast Food					
Yes	4.1	1.2 *	1.3 *	1.0	0.6
No	3.6	0.5	0.7	1.5	0.9
Nutrition Lesson					
Yes	3.7	0.6	0.7	1.5	0.9
No	3.5	0.6	0.8	1.3	0.7

Servings are generally based on the *Dietary Guidelines for Americans 2005*, and are defined in terms of 1 ounce equivalents. One ounce is used for cooked meat, fish or poultry. Other 1 ounce-equivalents include 1 egg, 1 tablespoon peanut butter, ½ ounce nuts or seeds. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply. Meat servings include meat consumed separately (plain) and in recipes containing meat, e.g., soup, lasagna, casseroles, commercial entrees, etc. Servings of legumes are measured as ½ cup-equivalents.

[1] High-fat or fried includes coldcuts/sausages, cured pork, fried fish, fried poultry, and fried shellfish.

[2] Regular includes fish, poultry, and red meat.

[3] Lean is defined at ≤ 10% fat and includes lean red meat, lean fish, lean poultry, lean cured pork, lean coldcuts/sausages, lean shellfish and organ meats.

[4] Alternatives include eggs, egg substitute, nuts and seeds, nut and seed butter, meat alternatives (processed soy products), and legumes.

A box around a group of numbers signifies that differences observed within this group are statistically significant. Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001

2011 California Children's Healthy Eating and Exercise Practices Survey

Table 43: Proportion of California Children Meeting the Recommendations for Protein Foods (N=334)

	Percent Eating Recommended Servings of Protein Foods
Total	**33.8**
Gender	
Boy	29.4
Girl	37.6
Ethnicity	
Hispanic	34.8
Non-Hispanic	31.0
Parent Education	
Less than High School	34.4
High School Graduate	33.8
Some College/Graduate	33.6
Overweight Status	
Not Overweight	31.8
Overweight/Obese	34.9
Physical Activity	
≥ 60 minutes	34.4
< 60 minutes	32.8
School Breakfast	
Yes	36.4
No	33.4
School Lunch	
Yes	35.3
No	33.3
Fast Food	
Yes	44.2
No	32.3
Nutrition Lesson	
Yes	33.0
No	35.3

Servings are generally based on the Dietary Guidelines for Americans 2005, and are defined in terms of 1 ounce equivalents. One ounce is used for cooked meat, fish or poultry. Other 1 ounce-equivalents include 1 egg, 1 tablespoon peanut butter, ½ ounce nuts or seeds. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply. Meat servings include meat consumed separately (plain) and in recipes containing meat, e.g., soup, lasagna, casseroles, commercial entrees, etc. Servings of legumes are measured as ½ cup-equivalents.
Based on the *Dietary Guidelines for Americans 2010*. Recommendations vary by age, gender, and level of physical activity. For children ages 9-11, the recommended amount of protein foods is 4-6 ounce-equivalents per day. The amounts used here are appropriate for children who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

A box around a group of numbers signifies that differences observed within this group are statistically significant.
Chi Square Test
* p<.05
** p<.01
*** p<.001